

FOUNDATIONS OF ARMY JROTC AND GETTING INVOLVED

LESSON 1: ARMY JROTC — THE MAKING OF A BETTER CITIZEN



*cadet
challenges
JROTC
mission
motivate
opportunities
unique*

INTRODUCTION

This lesson introduces you to the U.S. Army Junior Reserve Officers' Training Corps (**JROTC**) Program, its **mission**, and the Leadership Education and Training (LET) curriculum for this first level of your instruction. Completing the material in this course will require discipline and hard work, but the reward is well worth your effort. Through Army JROTC, you are building a foundation that will last a lifetime.

If this is your first adventure into the Army JROTC Program — *welcome to the team!* You are among a special group of high school students headed for success!

Your participation as a student or **cadet** in this program shows your willingness to make the most of your high school education. Whatever your reason for taking this course, every member of Army JROTC is special and brings a different cultural dimension to the program. We are proud that you elected to be a part of a **unique** team — a team of winners!

MISSION OF ARMY JROTC

The mission of JROTC is to **motivate** young people to be better citizens.

You are the focus of Army JROTC's mission. In fact, you are the whole point of Army JROTC — it is devoted to your growth, both as a student and as a person. This program will give you an opportunity to develop and improve yourself in many ways: it uses military skills to teach self-discipline, confidence, and pride in a job well done and it offers you **challenges** and **opportunities** to:

- ? Sharpen your communication skills
- ? Promote and encourage citizenship through participation in community service projects
- ? Develop your leadership potential
- ? Strengthen your self-esteem
- ? Improve your physical fitness
- ? Provide incentives to live drug-free
- ? Promote your graduation from high school and develop a solid foundation for career development

Some employers spend millions of dollars training their employees to excel in many of these same skills and attitudes.

COURSE DESCRIPTIONS

Unit 1: Foundations of JROTC, A Character and Leadership Development Program helps develop new skills you can use in school and throughout life. This introductory unit gives you a greater appreciation of American symbols, customs, and traditions and the history and purpose of Army JROTC. An introduction to the Department of Defense and other services presents the differences and similarities of each service and their unique roles in the defense of the nation.

Unit 2: Leadership Theory and Application teaches you about leadership: How to BE a leader; what you need to KNOW when you are influencing others; and what things you DO when you are leading. You will learn about character and values, leadership theories and principles, and human behavior. You will have the opportunity to take the leadership lessons learned in the classroom to the drill field. Most important, this unit will help you build your relationships in your community service projects and your daily participation in school, work, and community.

Unit 3: Foundations for Success is designed to provide young cadets with hands-on experiential learning activities that will build self-awareness, essential life skills, and the ability to set and achieve goals. Content areas include communication, diversity, study skills, conflict resolution, decision-making, and service learning. These lessons expose cadets to complex content, such as the structure and function of the human brain, personality, and learning theory in a simple, easy to understand manner, with ample opportunity for application and practice. This unit focuses on the life skills necessary to build better citizens for tomorrow.

Unit 4: Wellness, Fitness, and First Aid provides training on getting started on total fitness, split second emergencies, handling common emergencies, and lifesaving measures. There is also

training on substance abuse awareness, intervention, and prevention. By teaching the value of physical exercise and conditioning, personal hygiene, and proper diet through the Cadet Challenge program, you'll feel good about yourself — both physically and mentally.

Unit 5: Geography and Earth Science helps cadets develop a global perspective and awareness of environmental issues by engaging them in interactive activities that explore the use of maps, map reading, and orienteering (an outdoor sport using maps to find one's way). Beginning lessons provide cadets with a basic overview of the globe and the continents. Each continent is further explored based on its physical and human characteristics. Subsequent lessons on maps and map reading provide instruction on the use of the compass and orienteering basics to lay the foundation for participating in orienteering activities or competitions. The unit is concluded with instruction that assists cadets in enhancing their own awareness of environment issues.

Unit 6: Citizenship and American History introduces you to the *You the People* process and its Citizenship Skills. Using these skills and various activities your class will explore American history from 1776 through the present day. Each history lesson is focused around the development of citizenship and the *You the People* process. The chapter also includes advanced history lessons for juniors and seniors as well as appropriate service learning projects.

Unit 7: Air Rifle Safety and Marksmanship teaches elements of air rifle safety and marksmanship. The focus is on history, safety, and operation, taking aim, firing techniques, positions, scoring, and firing for record.

CONCLUSION

Army JROTC can work for you. It can prepare you for life by providing a framework for the qualities (skills, knowledge, and positive attitudes) that will help you to succeed — qualities such as courage, candor, competence, commitment, confidence, and character. Speaking of character, the JROTC Program has it — JROTC offers many opportunities for teamwork, advancement, and self-enrichment that are not available in

other high school courses. The effort you put into mastering this program and developing your personal skills can pay off in a big way.

By enrolling in Army JROTC and joining the ranks of millions of other cadets who know the meaning of success, you have taken the first step toward a promising future.